



# The Senior Sentinel

## Happy Mother's Day



The Department of Aging and Youth will be closed  
Monday, May 30, 2022 in observance of Memorial Day.

## WE ARE OFF TO SEE THE WIZARD!

On

Friday, May 6, 2022

11:00am-3:00pm

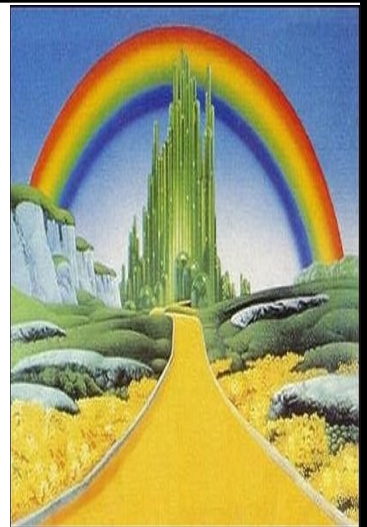
Saratoga County Senior Citizens'

Annual Spring Luncheon

AT

Saratoga Springs City Center

522 Broadway, Saratoga Springs



*An afternoon of fun, music, food, and door prizes.*

**\$4.00 a Ticket**

**Tickets are available at Senior Centers throughout Saratoga County  
or by calling the Department of Aging and Youth at (518) 884-4100.**

## Quick Tips on Ticks

- Confirm their identity. Ticks have 6 or 8 legs, no waist, and they cannot jump or fly.
- Check yourself and your pet for ticks often, especially when leaving a potentially infested area.
- Wear light colored clothing to make ticks easier to spot.
- Tuck pant legs into socks or shoes to keep ticks from finding bare skin.
- If you find a tick remove it immediately and correctly. Save the tick for later identification.
- Stay in the center of trails to avoid tall grass where ticks may hide.
- Remove debris, trim shrubbery and keep vegetation low in your yard.
- Deter wild life, including rodents, which can bring ticks into your backyard.
- Insect repellents have been recommended, if needed.



From Our Dietitian:

## Age Related Muscle Loss

Some loss of muscle is a normal part of the aging process due to changes in body composition, decreased activity and some medical conditions. Sarcopenia is a medical condition associated with a decline in skeletal muscle mass. Two known factors contributing to this condition are lack of exercise and inadequate nutrition especially with regards to protein. If left unchecked, this condition can lead to falls, disability, and osteoporosis which can require more hospitalizations.

The good news is that we can help minimize the risk of developing sarcopenia as well as improve muscle mass and function in persons who already have the condition with the right diet and exercise plan. Our physical activity and movement abilities are very individual as we age. Muscle building activities are part of treating sarcopenia however, a one size fits all approach does not always work for everyone and is not always safe. For these reasons, it is best to consult with your health care provider and/or a physical therapist about your exercise regime for preventing or treating this condition.

Getting enough protein in your diet is the focus when it comes to preventing and/or improving our muscle mass however, an all-around well-balanced diet which includes foods from all major food groups is also important. The nutrients in our foods work synergistically with each other to nourish our cells for proper functioning. We need to get enough calories to “spare” our protein calories from being used as an energy source so they can be used for muscle repair and growth. Older adults require more protein than younger adults to stimulate the same amount of muscle growth. The current Recommended Daily Allowance (RDA) for protein is .8 grams per kilogram of body weight. Many nutrition experts however would like to see this amount increased to 1.2 grams per kilogram of body weight and up to 1.5 grams per kilogram body weight for those with chronic illness and for those who exercise regularly. Timing of protein intake is also important. For boosting muscle, protein intake should be spread out throughout the day. As a general rule, 25-30 grams of protein per meal is recommended for older adults. Certain medical conditions such as chronic kidney disease can affect the amount of protein you require so it is best to check with your health care professional before increasing your protein intake.

Foods rich in protein include lean meats, fish, poultry, eggs, and dairy foods such as milk, yogurt and low-fat cheese. Plant based foods such as nuts, nut butters, seeds, beans, lentils and tofu are also good sources. Nutritional supplements and protein powders can also add additional protein to the diet when volume is a concern and concentrated sources of protein are needed. Below are few tips to help you increase protein at your meals and snacks:

- Switch your regular yogurt with Greek or Skyr for added protein. Use yogurt in place of sour cream as a topping to add extra protein. Keifer and drinkable Greek yogurt are also good sources.
- Spread nut butters on your crackers, toast, or apple slices, add them to hot cereals or oatmeal.
- Toss beans or lentils onto your salad, add them to casseroles or soup.
- Try Hummus on crackers or use to replace mayonnaise in sandwiches and wraps.
- Snack on nuts and seeds or add them to salads, top off yogurt or add to your favorite hot or cold cereal.
- Use your blender to make a smoothie that can include yogurt, milk (dairy or soy) and/or protein powder.
- Include a few eggs a week in your diet for typical breakfast fare or make egg salad, hard cooked eggs for salads, sandwiches, or wraps.
- Cottage cheese can be added as a side to meals or snacks, or to make a fruit plate, to have for breakfast topped with some granola or dried fruit. Look for low fat and lower sodium varieties when possible.

# Getting Your Affairs in Order: Advance Care Planning

*Are your affairs in order? Use this checklist to make legal and financial plans now for your health care in the future.*

## GETTING YOUR AFFAIRS IN ORDER: Advance Care Planning

**Making health care decisions** for yourself or someone who is no longer able to do so can be overwhelming. That's why it's important to get a clear idea about preferences and arrangements while you can make decisions and participate in legal and financial planning together.

**Use this checklist** to ensure health care and financial arrangements are in place before serious illness or a health care crisis.

- ☒ **Start discussions** early with your loved one while everyone can still help make decisions.
- ☒ **Create documents** that communicate **health care, financial management, and end of life** wishes for yourself and the people you care for, with legal advice as needed.
- ☒ **Review plans regularly**, and update documents as circumstances change.
- ☒ **Put important papers in one place.** Make sure a trusted family member or friend knows the location and any instructions.
- ☒ **Make copies of health care directives** to be placed in all medical files, including information on every doctor seen.
- ☒ **Give permission** in advance for a doctor or lawyer to talk directly with a caregiver as needed.
- ☒ **Reduce anxiety** about funeral and burial arrangements by planning ahead.

Visit <https://www.nia.nih.gov/health/caregiving/advance-care-planning> to learn more about advance care planning.

**NIH** National Institute on Aging

## What Is Advance Care Planning?

Advance care planning involves learning about the types of decisions that might need to be made, considering those decisions ahead of time, and then letting others know - both your family and your health care providers-about your preferences. These preferences are often put into an *advance directive*, a legal document that goes into effect only if you are incapacitated and unable to speak for yourself. This could be the result of disease or severe injury— no matter how old you are. It helps others know what type of medical care you want. An advance directive also allows you to express your values and desires related to end-of -life care. You might think of it as a living document-one that you can adjust as your situation changes because of new information or a change in your health.

## Advance Care Planning Decisions

Sometimes decisions must be made about the use of emergency treatments to keep you alive. Doctors can use several artificial or mechanical ways to try to do this. Decisions that might come up at this time relate to:

- CPR (cardiopulmonary resuscitation)
- Ventilator use
- Artificial nutrition (feeding tube) and artificial hydration (IV, or intravenous, fluids)
- Comfort care

## Making Your Advance Care Wishes Known

There are two main elements in an advance directive-a living will and a durable power of attorney for health care. There are also other documents that can supplement your advance directive. You can choose which documents to create, depending on how you want decisions to be made. These documents include:

- Living will
- Durable power of attorney for health care
- Other advance care planning documents
- DNR orders (do not resuscitate)
- Organ and tissue donation
- POLST (Physician Orders for Life-Sustaining Treatment)
- MOLST (Medical Orders for Life-Sustaining Treatment)

## How to Choose Your Health Care Proxy

If you decide to choose a proxy, think about people you know who share your views and values about life and medical decisions. Your proxy might be a family member, a friend, your lawyer, or someone in your social or spiritual community. It's a good idea to also name an alternate proxy. It is especially important to have detailed living will if you choose not to name a proxy. Of course, check with those you have chosen as your health care proxy and alternate before you name them officially. Make sure they are comfortable with this responsibility.

## Making Your Health Care Directives Official

Once you have chosen a proxy and talked with your doctor about your wishes. The next step is to fill out the legal forms detailing your wishes. Your local Area Agency on Aging can help you this process. Make sure to give a copy of your advance directive to your health care proxy and alternate proxy. Also, give a copy to your doctor for your medical records. You should review your advance care planning decision from time to time, especially if your health or preferences changes.

**Be Prepared!**